

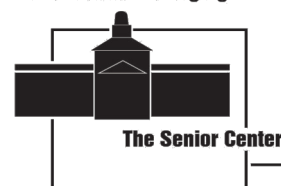
COMING OF Age

Your Center for Connection

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City of Newton
Department of Senior Services

Newton Council on Aging



Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617-796-1660 ■ www.newtonseniors.org

November - December 2014

Living and Aging in Newton: Now and In the Future

By Jayne Colino, Audrey Cooper, Marian Leah Knapp, Carol Ann Shea

Got Data – about Newton's senior population?! **Yes, we do!**

For many years people who have been thinking hard about Newton and the well-being of all residents have been asking questions about how best to plan for the future. These dedicated people include elected officials, city department heads, agency staff, community leaders, and citizens of all ages. The need for good data and information has become more and more critical particularly as the number of seniors among us continues to grow dramatically.

We have heard about increases in our older population as Baby Boomers reach retirement age. Also, all of us are living longer than we did in the past. These two trends, Boomers and longevity, are contributing to overall "senior" growth. This is true in our city, in the country, and around the world.

Existing data tell us the extent of the projected increases. But until now we have had inadequate information about what we older folks want and need currently, and looking forward.

For the first time, we have a major breakthrough in understanding. The Newton Department of Senior Services and the Newton Council on Aging engaged the Center for Social & Demographic Research on Aging, Gerontology Institute, John W. McCormack Graduate School of Policy & Global Studies, University of Massachusetts Boston to conduct a Community Survey "Living and Aging in Newton: Now and In the Future." Bernard A. Steinman, Ph.D. was the project leader. The study was commissioned by the Senior Citizens Fund of Newton, which is Newton seniors "friends" group.

For demographics, our study used the U.S. Census, and other sources with which we could compare ourselves to other communities. Although there are slight variations among various data sets (including Newton's), the trends are very clear. There will be more and more seniors until at least 2030.

For information on what people might want and need, a survey designed specifically for Newton was sent to over 4000 Newton residents with proportionate representation from all 13 Villages. Our 27% response rate is adequate for applying the findings to the broader population. Focus groups were held with Russian and Chinese speakers. Survey and focus group questions used Livable Communities concepts on housing choices, transportation and mobility options, community engagement and involvement to avoid isolation, and maintaining health status. Finally, we asked for perceptions about current senior services. Continued on Pg. 3....

Be Well, Be Strong

The community enjoyed the health and wellness fair in October. Thank you to our generous sponsors!

Gold Level

Jewish Family & Children's Services

Hebrew Senior Life

Silver Level

HomeInstead

MeetCaregivers

Supporting Partners

Trader Joe's

Whole Foods

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Senior Center Notes

Alderman Constituent Hours at the Newton Senior Center

Alderman Vicki Danberg

Weds. Nov. 19 and Dec. 17: 10:00 am

Alderman Emily Norton

Friday, Nov. 21 and Dec. 19: 9:00 a.m.

Dialogue with the Director

Tuesday, November 18, 12:00 p.m., Friday December 12, 12:00 p.m.

Join Jayne Colino, Director, Department of Senior Services, for an informal discussion.

Disclaimer

We thank the advertisers featured in this newsletter for their support. They make the printing of the *Coming of Age* possible. The Center does not specifically endorse any service or product advertised herein. We *do* encourage our readers to investigate any service or product they may consider using in order to make an informed decision, and hope they will consider our supporters when doing so.

MetroWest Legal Services provides free legal assistance to seniors in civil matters in the following areas: housing, government benefits, health insurance, advanced directives, and for some consumer and domestic relations matters. Call 1-800-696-1501 for an intake.

Please join Meghan Ostrander, RD from Springwell to discuss the connection between nutrition and a healthy brain at 11:45 a.m. on Friday Nov. 7 th during lunch.

The Senior Center will be closed on the following days:

Tuesday, November 11

Veteran's Day

Thursday, November 27

Thanksgiving Day

Thursday, December 25

Christmas Day

Lending Library

While we are no longer accepting large book donations, we welcome all readers to enjoy the free lending library in the shelves of the main floor and lower level of the Senior Center.

The Center Store seeks donations!

Spring cleaning begins at home! But our store will gladly take your gently used small household items for resale here!

Looking for knickknacks, jewelry, serving dishes and pieces, small artwork. No clothing, glassware, VHS tapes or electronics. Proceeds go towards programming at the Senior Center.

SHINE Appointments Available

Please call 617-796-1660 to schedule an appointment for Medicare health benefits counseling. See page 11 for more information.

Senior Center Meals

Lunch Monday-Friday, 11:45 a.m.

To reserve call 617-796-1660 by 11:00 a.m. the previous day. A voluntary donation of \$2.00 is suggested per meal. *Springwell makes these lunches possible.*

Living and Aging in Newton

Housing and Community

Newton Free Library

Monday, November 17, 7:00 pm

The third part in the *Living and Aging in Newton* series discussion, led by a panel of experts, will focus on the importance of access to appropriate housing to healthy aging. Housing that is affordable, physically accessible, well-located, and coordinated with supports and services is already in too short supply. Join the conversation about how Newton can continue to be a place where people choose to live and age vibrantly. The program is cosponsored by the City of Newton Department of Senior Services. Panel members will include Jennifer Molinsky, Research Associate at the Joint Center for Housing Studies of Harvard University and Lecturer at the Graduate School of Design, Robert Muollo, Interim Housing Program Manager for Newton's Planning and Development Department and Bernard A. Steinman, Ph.D., Research Fellow, UMASS Boston Gerontology Institute.

MBTA Senior Charlie Card

Friday, November 14

1:30 - 2:30 p.m.

Save yourself the trip to Downtown Crossing! Applicants must be 65 (or turning 65 within two months); please bring a photo ID that includes a birthdate. We will take your picture and send it with the application to the MBTA. Process takes 2-6 weeks. While you are here, get a parking pass for all municipal lots in Newton. Bring your license and registration. For 65+.

....Continued from Pg. 1.

Demographic Data: Who we are now and into the future

- Over the next few decades seniors will increase to more than 30% of Newton's population.
- Between 2008-2012 more than one-third (39%) of households had at least one person 60 and over.
- **Survey Data: Voice of the People**
- **Housing and Living**
- Sixty-three percent of survey respondents have lived in Newton for 25 years or longer.
- Staying and aging in Newton is a goal for 88% of survey respondents.
- Condos are the most common preference if a move is necessary because of a health status change.
- Concerns about staying in Newton are cost of living, property taxes, & home maintenance expenses.
- Eighteen percent of age 60-79 and 19% of those 80+ are unable to afford needed home modifications.

Transportation and Mobility

- Most respondents (90%) still drive themselves.
- Many seniors modify driving habits by not driving at night or in bad weather.
- Transportation challenges exist for those who do not drive.
- For respondents 80+ the greatest challenges to getting around were - "public transportation doesn't go where I need to go," personal physical challenges, and walkability.

Community Engagement & Involvement

- Eighty-five percent experience a strong sense of belonging in Newton.
- Ninety percent feel completely or very safe in Newton.
- There is a strong desire to remain active in the community.
- Eighty-six percent indicated they would provide help to a neighbor for minor tasks, but...
- Sixty-seven percent indicated that they would be willing to ask for help

What does all of this tell us? First, Newton is aging, as are most other communities. Second, we are a city where people come and stay, and, importantly, want to continue to live here. Third, cost of living and home maintenance create barriers to staying in one's home. Fourth, when people think about a possible move a majority want to live in condos. Fifth, getting around is a challenge for the older of the old. Finally, most people will help someone if asked, but about one-third won't ask for help.

For planning purposes for the Department of Senior Services and the Council on Aging, these data provide guidelines as we move ahead with our Mission to optimize quality of life for our seniors and those who care for them. It helps us focus our action and advocacy efforts for increased housing and transportation options, along with opportunities for people to be engaged and connected within our community.

This article focuses on demographics, housing, transportation/mobility, and community. Our next one will report on perceptions of personal health status and senior services, and offer broad recommendations for all of us to consider as we reflect on our own aging and those we care about.

The complete report on *Living and Aging in Newton: Now and In the Future* is available on the Newton City Web-site, Department of Senior Services- www.newtonseniors.org

Books and More

Book Recommendations

Newton Free Library Program

Monday, November 3

2:00 p.m.

How to get the most out of book recommendation resources like the Encore library catalog, Novelist, Amazon.com and Goodreads.com. Led by Maura Copeland, Reference Librarian.

Book Club

Friday, Nov 14 and Dec 12

10:00 – 11:30 a.m.

In November we will discuss *The Round House* by Louise Erdrich. In December we will discuss *The Aviator's Wife* by Melanie Benjamin. In January we will discuss *The Art Forger* by Barbara A. Shapiro. All are welcome to one or all gatherings! Free.

Short Story Discussion Group

Thursday, Nov 20 and Dec 18

10:30 - 11:30 a.m.

This monthly group discusses one selected story. Copies of the next short story can be picked up at our reception desk or available on our website. Facilitated by Ditta Lowy. Cost: Free

"One Liners" on Two Lines

Wednesday, November 5

11:00 a.m. - 12:00 p.m.

As a first time author and seasoned artist, Rita Wolfson has paired her words and her art, and together the book has emerged. The artwork originates from the recycling of papers from discarded catalogs, magazines and brochures. The one-liners are words of humor and insightfulness, written to put a smile on your face. Rita Wolfson's book resulted from her tenure as a totally unprepared and non-professional nurse/caretaker; she relates how humor intervened and enabled her to overcome the many mishaps she encountered during that time.

Be a Savvy Consumer

Wednesday November 12- 10:30

The program will cover Consumer rights, what scams are targeting seniors and how we can protect ourselves against these scam artists and tricksters. Scams to be discussed include Identity Theft, IRS and Social Security scams, telemarketing and postal fraud as well as sweepstakes and mail solicitations.

The Newton - Brookline Consumer Office, located in Newton City Hall works in cooperation with the Attorney General. This program offers free and impartial telephone mediation of consumer complaints against a business to residents of Newton, Brookline, Belmont and Watertown.

MindSet

Mondays, November 3 to 24

1:00 - 2:30 p.m.

Join the MindSet: a group program for people with mild Alzheimer's disease or a memory disorder. Have you or a loved one been newly diagnosed with Alzheimer's disease or a memory disorder? Members meet for four weeks for education about the disease, to share and learn strategies for coping and maintaining independence, and to discover volunteering and advocacy opportunities. This is a FREE program but PRE-registration to join is required. To PRE-register or for more information please contact Melody Bushmich at mbushmich@alz.org or 800.272.3900

Birthday Celebration

Tuesday, December 2-12:00 p.m.

Come celebrate November and December birthdays! Enjoy cake and good cheer! All are welcome. Sponsored by Newton Health Care Center. If your birthday falls in these months, register at the front desk, 617-796-1660, so we can share a small gift. Free.

Holiday Concert

Wednesday, December 17

10:00 a.m.

Join the Center's Chamber Ensemble for a holiday carol sing. All Welcome.

Newton Men's Club

Second Thursday of the month:

Johnny's Luncheonette, 30 Langley Road, Newton Centre, 9:30 – 10:30 a.m.

Forth Thursday of the month

Newton Senior Center, 10 - 11 a.m.

Enjoy good conversation--all retired and semi-retired men are welcome! This club gives you the opportunity to meet with men with similar interests and backgrounds and others with varied interests and vastly differing backgrounds, but all will have an interesting story to tell.

Theater Workshop

Mondays, through November 24

10:00 a.m. - 12:00 p.m.

New day, same great program! Work with monologues, scene studies and try some improvisation. No prior experience needed. Come to explore acting, theater and plays in a supportive atmosphere. Facilitated by volunteers Gerry and Phil Paquet. Free.

"Radio" Performance

Friday, November 21

12:30 – 2:00 p.m.

"Radio" *Do You Remember When?* is a reinterpretation of a 1940s radio show. This lively performance will get your toes tapping as you recognize the popular tunes from the 40s. Directed by Richard Denahey with Musical Direction by Lila Pradell. Attendees will be invited to sing along. All are welcome to attend the free performance.

Legal Workshops

Legal Clinic: Overview of must have documents.

Weds November 5 and 12-12:30 p.m. Attorneys John Hope and Samantha Gentel will review important components of estate planning in a two-part series. Part 1 will include wills, trusts, long term care and MassHealth, and reverse mortgages. Part 2 will continue the discussion of MassHealth to pay for nursing home care, the importance of advance planning as well as some last minute planning opportunities to protect your home.



Low Vision

Monday, Nov. 3 and Dec. 1
1:00 p.m.

All are welcome to this monthly group, sponsored by the Mass. Association for the Blind. For questions or more information, please contact Laurie Werle at 617-926-4268.

Share your sight and volunteer w/ a visually impaired individual. Help as a reader, bring someone grocery

shopping, or help w/ paperwork. Contact Kyle at the MA Association for the Blind & Visually Impaired for more info (617) 926-4312, krobidoux@mabcommunity.org or visit www.mabvi.org

Stroke Support Group

Thursdays

11:00 a.m. - 12:00 p.m.

Come join us for a Stroke Support Group led by several lay-leaders. Caregivers are invited to join the

group once a month.

Parkinson's Support Group

Monday, Nov. 24 and Dec. 29

10:30 - 11:30 a.m.

People with Parkinson's Disease, caregivers and family members are all invited to attend. This is a forum to share experiences and learn from one another. Facilitated by James Demicco, retired primary care M.D. with a 10 year history of Parkinson's.

Movie Matinee 1:00 P.M. WEDNESDAYS

November 19

Words and Pictures: A picture is worth a thousand words--or is it? That's the question prep school students must answer as their teachers egg them on in this diverting romantic comedy starring Clive Owen and Juliette Binoche as the instructors who spark the debate. 2013, PG-13, 111m



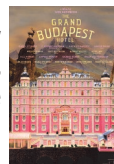
December 10:

The Railway Man: Decades after his brutal captivity under the Japanese during World War II, Eric Lomax still has nightmares about the ordeal. But when he unexpectedly meets and falls for Patti, a bizarre coincidence brings his past back into focus. 2014, R, 118m



December 24:

The Grand Budapest Hotel: Between the world wars, Gustave H, the concierge at the prestigious European hotel, takes a bellboy named Zero as a trusted protégé. Meanwhile, the upscale guests are involved in an art theft and a dispute over a vast family fortune. 2014, R, 100m



December 3:

The Fifth Estate: Following the working relationship between WikiLeaks founder Julian Assange and Daneal Domscheit-Berg, one of his earliest supporters, this fact-based drama recounts the early days of the revolutionary website and the inevitable conflict it wrought. 2013, R, 128m



December 17:

The Monuments Men: In a race against time, a crew of art historians and museum curators unite to recover renowned works of art stolen by Nazis before Hitler destroys them. Written, directed and starring George Clooney. 2014, PG-13, 118m



More Programs

From the Newton Free Library: iPad Level 1

Monday, November 10, 2:30-4:30

Monday, December 8, 10:30-12:30

This class is for beginners, held at the Senior Center. We cover very basic functions of the iPad. Starting with identifying all the buttons and learning terminology. The objective is to make new iPad users more comfortable their device. Space is limited, sign up for either class! **Must Bring Apple ID & Password. Cost: Free**

Thanksgiving Day Dinner

Members of the senior community are invited to join us on Thursday, November 27 for a Thanksgiving Day dinner provided by Whole Foods.

The Newton Senior Center is taking reservations for Thanksgiving Day Dinner. Seniors who find themselves far from family and friends are invited to pre-register. Space is limited. Transportation is provided through our yellow voucher system. This event is open to Newton residents only and space is limited. Registration required.

Fitness Classes: All are welcome! \$2 donation paid in each class unless otherwise noted. Drop in! *\$3 class, °registration required

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
8:45 a.m. Tai Chi*	9:00 a.m. Aerobics	10:45 a.m. Beyond	10:00 a.m. Beg. Tai Chi*	9:00 a.m. Aerobics
10:00 a.m. Zumba Gold	10:30 a.m. Muscle Cond.	Balance°	Sponsored in part by Wingate	10:30 a.m. Muscle Cond.
11:00 a.m. Ageless Grace			11:00 a.m. Tong Ren	
12:45 p.m. Beyond			11:45 a.m. Tai Chi*	
Balance°			1:00 p.m. Yoga: chair	
2:00 p.m. Yoga: chair			2:00 p.m. Yoga: mats	
4:00 p.m. Nia			(mats provided)	

Please note: Zumba Gold, Ageless Grace, and Nia will be on hiatus after November 10. Classes will resume in January

Beyond Balance, \$50 for 8 weeks

Mondays, 12:45 - 1:45 p.m.

Current class (4 sessions remain): Nov 10, 17 24, Dec 1, 8

New class: Dec. 15, 22, Jan 5, 12, Feb 2, 9, 23, Mar 2

Wednesdays, 10:45 - 11:45 a.m.

New session: Nov 12, 19, Dec 3, 10, Jan 7, 14, 21, Feb 4



Fitness Class Program Descriptions

Aerobics

Instructor: YMCA instructor

An hour-long cardio workout that includes a warm-up, cool-down and some use of light weights.

Ageless Grace

Instructor: Mary Stevenson

This is a fitness and wellness program that is good for those with limited mobility or strength. We'll practice exercises emphasizing techniques such as joint mobility.

Beyond Balance

Instructor: Robin Resnick

Beyond Balance is a strength training class that targets all the major muscles in the body. In addition, there is a focus on exercises that enhance balance and core (abdominal) work.

Nia

Find out what everyone's talking about! Nia a full body workout that promotes flexibility, stability, and strength. Combining movements and concepts from yoga, tai chi, aikido, jazz and other movement forms, Nia offers traditional fitness benefits and relaxation. Led by Mary Stevenson, certified instructor. All are welcome!

Muscle Conditioning

Instructor: YMCA instructor

An hour-long weight-based program that targets all muscle groups.

Tai Chi

Instructor: Aaron Crawford

Tai chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It is low impact and puts minimal stress on muscles and joints.

Tong Ren

Instructor: Aaron Crawford

Tong Ren is a powerful healing energy treatment used to help people restore their health. It is based on the principle that many diseases are caused by physical blockages that interrupt the body's natural flow of "chi."

Yoga

Instructor: Steffi Shapiro

These yoga classes place an emphasis on gradual stretching at your own pace, without stress or strain and integrating what is learned into a daily holistic lifestyle.

Zumba Gold

Instructor: Mary Stevenson

A dance inspired workout for the young at heart! An hour-long cardio program set to upbeat Latin tunes.

Art Classes:

Research shows that art is important for all ages, and improves cognitive function. Try a new class and explore your creative side!

Ceramics, \$50 for 8 weeks

Thursdays, 12:30 - 2:00 p.m.

New session: Nov 13, 20, Dec 4, 11, 18, Jan 8, 15, 22

Create 3D platters and sculptures or glaze molded pieces.

Table top wheel and slab roller now available. Instructed by Bet Lee.

Registration required, call 617-796-1670.

2D Open Studio, Free

Wednesdays, 9:30 - 11:30 a.m.

All are welcome to use the art room and work with fellow artists in our well-lit space. Local artist David Wenstrom offers instruction and guidance.

3D Open Studio, Free

Tuesdays, 1:00 - 3:00 p.m.

Bring your own materials and enjoy the creative setting.



LGBT Programs and Events

Lesbian, Gay, Bisexual, Transgender and Friends



PACT: Pride Aging Community Together

Entertainment Tuesdays

November 25th : Dinner and a Movie, \$6 -Mamma Mia-On the idyllic Greek isle of Kalokairi, single mom Donna Sheridan (Meryl Streep) goes into a tizzy when her bride-to-be daughter (Amanda Seyfried), in a bid to learn her father's identity, invites three of Donna's ex-lovers to the wedding. Buoyed by the tunes of ABBA, this effervescent yarn -- a Golden Globe nominee for Best Picture (Comedy or Musical) -- also stars Pierce Brosnan, Colin Firth and Stellan Skarsgård as the trio of potential dads.

December 23rd: Holiday Celebration. Food, Fun, Music...and more

All Tuesday events begin at 6:30 p.m.

Location: Newton Senior Center, 345 Walnut Street, Newtonville. Parking Available in Municipal Lot
MBTA Bus 59 drop off in front of building and MBTA Bus 503 & 504 run down Washington St.

Monthly Advisory Meetings – there will not be an advisory meeting in November or December, but join us in January to plan our new year!

RSVP or have questions?

Jayne Colino, Director, jcolino@newtonma.gov or 617-796-1671.



Transportation Services

Our Transportation Programs Expands to 5 days a week!!

Transportation will be offered Monday through Friday between the hours of 8:00 a.m. and 5:00 p.m. With last year's addition of village centers, the City of Newton is almost totally accessible to you by our transportation program!

Here's where you can go:

- Grocery shopping to any of the Newton markets.
- Library - (including Sundays, except in July and August).
- City Hall & Newton Senior Center
- Medical appointments within Newton
- Medical appointments at the following places:
 - Wellesley – anywhere on Walnut Street, 1, 25, and 27 Washington Street, 173, 195 and 230 Worcester Street
 - Chestnut Hill – 830, 850 and 1244 Boylston Street
 - Faulkner Hospital and St. Elizabeth's Hospital
- Houses of worship within Newton for religious services only
- Long term care facilities within Newton to visit a loved one (limited to 2 times per week)
- Any "Over 55" Parks and Recreation programs throughout Newton

Requirements:

You must be 60 years or older and a City of Newton resident

Here is how it works:

- Purchase vouchers in advance by either coming into the Senior Center or by mailing a check to the Newton Senior Center, 345 Walnut Street, Newtonville 02460. Include your full name, address and number of vouchers you are purchasing. When the check is received the vouchers will be mailed immediately. A contribution of \$4.00 per voucher is requested, but for those who cannot afford \$4 we can accept no less than \$2 per voucher. Those who cannot contribute \$2.00 may ask for a Transportation Exemption form from the Center.
- You will need one voucher for each ride and rider. Riders are driven on an individual basis either in a taxi or van.
- Reservations are required and should be made 3 business days in advance for all destinations except the Newton Senior Center which should be made by 4:00pm of the previous day. **Please call 617-796-1288 to make all reservations.** Riders may be put on a regular schedule for any of the services offered (same day, time and destination, daily or weekly)

All transportation is provided through a contract that the Department of Senior Services has with Veterans Taxi.

Questions? Please contact Alice Bailey 617-796-1664 or abailey@newtonma.gov.

Transportation to Special Events!

Veteran's Center

Tuesday November 4,
City Hall War Memorial (diff. loca.)
Tuesday, December 2
Senior Center, 345 Walnut St.
5:30 - 8:00 p.m.

Evening transportation to Senior Services programs and trips

345 Walnut Street
See pages 3-7 for events marked with a star.

Men's Club: Johnny's Luncheonette

30 Langley Road, Newton Centre
Thursday, Nov 13 and Dec 11
9:30 - 10:30 a.m.

With Gratitude

Thank you from the Department:

- Sponsors for the October Health and Wellness Fair. Gold Level: Jewish Family and Children's Services and Hebrew Senior Life • Silver Level Meet Caregivers and Home Instead •

Thank you for the following donations:

- Bea Carp in memory of Alice Kaplan • Adrienne Driben in memory of Alice Kaplan • Annette Singer in memory of Alice Kaplan • Dr. Marjorie Fine Kleiner in memory of Alice Kaplan • Joan Rome to the Newton Senior Center •
- Sarai Zitter in thanks for durable medical equipment • Ilse Garfunkel in gratitude to the Newton Senior Center •
- Gertrude Lanman in thanks to the Newton Senior Center • Shahani in memory of her parents •

The Walk to End Alzheimers & Forget Me Nots

alzheimer's  association

We had a successful walk this year on Sunday, September 28. We could not have raised the funds without the support from incredible local businesses:

- Cabot's Ice Cream & Restaurant • Greatest Age Fitness • Marty's Fine Liquors • Shaws Supermarket •
- L'Aroma Cafe • Newtonville Camera • Bread and Chocolate Bakery Cafe • Veterans Taxi

ADDITIONAL OPPORTUNITIES

SARG, Small Appliance Repair Group is a team of very smart guys who will attempt to repair your small appliance (fans, lamps, toasters, etc.--no electronics, please). Just bring them by on Wednesdays from 1:00 to 3:00 p.m. to the Scandanavian Living Center, 206 Waltham Street, West Newton. They will call you when the job is done. There is no charge (unless you approve of new parts), but a small donation is appreciated. Write to Jan Latorre-Stiller at j 55 at jlatorre-stiller@soar55.org if you have any questions. SOAR 55 helps meet community needs through the volunteer service of adults, age 55 and over. Visit our website at www.soar55.org

Hearing Screening

Thursday, November 13

Newton Senior Center

11:00 a.m. – 1:00 p.m.

Get a free hearing screening with a representative from Mass Audiology. If you already have hearing aids, they can clean them and replace the batteries. Appts are ten minutes. **Registration required.** Free.

Upper Falls and South Side Senior Groups

Welcome Back! Anita Sheehan hosts two groups for older adults at Parks and Recreation buildings, one in Newton Upper Falls at the Emerson Center and the other on the South Side at the Shuman Center, 675 Saw Mill Brook Parkway. Enjoy these informal gatherings and take advantage of meeting new people in your neighborhood! It's a relaxing atmosphere where there is always something to do.

Upper Falls: Wednesdays, 10:00- 11:30 a.m.

- ♦ Bingo: November 5, 12, December 10
- ♦ Left, Right, Center dice game: December 3
- ♦ Entertainment: Mark Tavenner on November 12
- ♦ Entertainment: Diane Ellis on December 17

South Side: Thursdays, 9:30 – 11:30 a.m.

- ♦ Bingo: November 6, 20, December 11
- ♦ Left, Right, Center dice game: Nov 13, Dec 4, 18

Veteran's Center

First Tuesday of every month

Newton Senior Center, 345 Walnut Street

5:30 - 8:00 p.m.

This regional Veterans Service Center, is a place for veterans of all ages and branches of the service to congregate, socialize, and access a range of services including jobs, education, housing, financial, legal and health among other areas. We hope you will stop in and join us. Residents 60+ can use yellow voucher transportation.

Please note that due to elections the November 4th Veteran's Center will be held at the War Memorial Auditorium at Newton City Hall.



SHINE

(Serving Health Insurance Needs of Everyone)

*** IMPORTANT REMINDER ***

The Medicare Open Enrollment ends on December 7th!

*Don't Wait Until It's Too Late!
Make a SHINE Appointment Now!*

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year.

Assistance is available from the SHINE program. Call the Senior Center, 617-796-1660, and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

For Medicare related matters (other than an appointment), call **1-800-AGE-INFO (1-800-243-4636)**, then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will return your call within 2 days.

For assistance 24 hours/day, 7 days/week, call 1-800-MEDICARE to speak to a Medicare customer service representative.

Healthy Tidbits

Health & Human Services Department
617-796-1420

Flu: Fact or Fiction?

It's that time of year again. The air is crisp; the leaves are beginning to change; and you are being bombarded with flu vaccine messages. *How can you tell fact from fiction?* Here's a quick article to help you navigate this year's flu season!

FACT or FICTION: *The flu vaccine can give you the flu.*

Answer: FICTION - A flu vaccine **cannot** cause influenza because the viruses in the flu shot are killed, which means they cannot cause infection. Some people experience side effects including soreness, redness or swelling at the injection site, a low-grade fever or aches. These symptoms can sometimes be mistaken for the flu. Almost all people who receive influenza vaccine have no serious problems from it.

FACT or FICTION: *You should get a flu shot every year.*

Answer: FACT - Everyone 6 months and older should get a flu vaccine each year. A flu vaccine is needed every year because flu viruses are constantly changing. It's not unusual for new flu viruses to appear each year. The flu vaccine is formulated each year to keep up with the flu viruses as they change. Getting vaccinated each year provides the best protection against influenza throughout flu season.

FACT or FICTION: *You must fill out the flu form before the walk in flu clinics*

Answer: FICTION - Forms will be available at the walk in clinic dates at **City Hall on 11/5 from 2-3pm; 11/7 from 10-11am; 11/12 from 12-1pm; 11/17 from 2-3pm; 11/21 from 1-2pm and 11/25 from 9-10am.** If you prefer you can fill the form out in advance. Paper copies of the form will be available in October at the Newton Senior Center, City Hall, and online at **www.newtonma.gov/flu**

Take the time to fill out a form in advance and bring it with you on the day of the clinic. If not, there will be copies of the forms available to fill out when you arrive. No appointments are necessary. If you do not have health insurance, you can still get a flu vaccine. Just leave that part blank on your form. **Questions? Call (617) 796-1426.**

City of Newton Department of Parks & Recreation

Transportation is now available to all Parks and Recreation "Over 55" Programs.

To register or for more information please call 617-796-1506 or visit www.newtonma.gov/gov/parks

Line Dance Lessons: Line dancing is easy for beginners! You can be up, dancing, having fun and feeling confident with the first class! Join us on Friday mornings to dance to the Electric Slide, Polka, Down South and many more! We meet at the Lower Falls Community Center from 10:30-11:30 a.m. All levels welcome!

Scottish Country Dance: Join us on Wednesday mornings for great exercise and socialization. Beginners welcome! Classes taught by RSCDS qualified instructors. Wear soft soled shoes. We meet at the Lower Falls Community Center from 10:30-12:00 p.m. All levels welcome!

Crafts & Sewing Group- Our craft and sewing group meets on Wednesday afternoons at the Albemarle Fieldhouse. Work on your individual projects in a supportive and social environment.

New Year's Eve Party at the Danvers Port Yacht Club! Join us for our annual New Year's Eve party with the Best of Times. Entertainment includes Carol O'Shaughnessy, winner of the city's "Cabaret Entertainer of the Year." She has been recognized for her highly praised appearances in premier venues. Enjoy her one of a kind show this year along with the Tom LaMark Orchestra at the beautiful Danversport Yacht Club. **Cost \$85.00.** Departure from Albemarle Fieldhouse.



The Senior Citizens Fund of Newton
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Newton Department of Senior Services

Phone 617-796-1660 Fax 617-969-9560

www.newtonseniors.org

Monday - Friday, 8:30 a.m. - 4:00 p.m.



Staff, 617-796-XXXX

Jayne Colino, Director, 1671
Alice Bailey, Executive Administrator, 1664
Lucy Bedigian, Lunch Site Manager, 1668
Ken Doucette, Custodian, P.M.
John Flynn, Custodian, A.M.
Linda Johnson, Administrative Assistant, 1665
Kathy Laufer, Clinical Social Worker, 1663

Council on Aging Members

Nancy Brown, Treasurer	Susan Paley
Audrey Cooper	Carol Rose
Holly Gunner	Carol Ann Shea
Rev. Howard Haywood	Diane Sostek, Vice Chair
Marian Knapp, Chair	

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	Joyce Picard	

Mission

The mission of the Department of Senior Services is to optimize quality of life for older adults and those who support them through welcoming, respectful and meaningful opportunities that engage and value older people, and empower them to remain independent and to be important assets in our community.

Vision

To provide sustained leadership that helps Newton be a livable and age friendly community for all who choose to age here.

Statement of Welcome

The Newton Department of Senior Services welcomes the diversity of our senior community and strives to reflect our values of inclusion and mutual respect through supportive services, programs and advocacy.

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